Get real help from real people!

James E. McGreevey Governor, State of New Jersey

Clifton R. Lacy, M.D. Commissioner, NJ Department of Health and Senior Services

Need information on senior services?











What is NJ EASE?

NJ EASE is the easy way for New Jersey seniors and their families to get information and access to senior services.

NJ EASE is one toll free telephone number to put you in touch with someone to help you learn about and apply for important programs and benefits.

NJ EASE promotes independence, dignity and choice for New Jersey's older adults.

Who answers the phone?

When you dial the NJ EASE toll free telephone number, a person from an agency in your county answers.





You'll speak with someone who is trained, knowledgeable and ready to help you. Once services are provided, NJ EASE keeps in touch with you to make sure the services continue to meet your needs.

How can NJ EASE help?

NJ EASE staff are trained to provide you with answers and information on a wide variety of topics, including:

- Healthcare
- Insurance
- Home Care Services
- Long Term Care Options
- Transportation
- Social Activities
- Nutrition
- Volunteer Opportunities
- And more...